



FAMILY LAW BLOG

# 3 Tips for Better Co-Parenting

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## 1. Don't respond in anger

There are reasons you and your ex are no longer together, and often-times issues that arise in co-parenting are some of the same issues that would “push your buttons” during the relationship. Taking a minute to step away from a message from the other parent to calm yourself down and take the emotion out of the exchange, is a good way to avoid letting your anger get the best of you, and saying something you will regret later.

## 2. Don't take the bait

Trying to work together with your ex can be challenging, especially when emotions are still running high between you. The other person may know exactly what to say to get you to respond quickly and in a way that paints you in a bad light. Don't take the bait. Look at the message or request without the filter of your past relationship, and respond in a way that is cordial and business-like rather than emotional.

## 3. Remember that an act of kindness can change the course of a relationship.

When your ex is making a request from you for a change in time, or any other request related to your child, think about agreeing rather than finding way to deny the request. Agreeing to a request from the other parent is a good way to get the co-parenting relationship moving in a new and better direction. You may be surprised at just how well you can co-parent when you find a way to try together, instead of fighting.

For co-parenting or other family law issues, please contact one of the family law attorneys at Sandberg Phoenix.